

THE 50+ Connection

NEWS and EVENTS from the Howard County
Department of Community Resources and Services

A Publication from the Howard County Office on Aging and Independence

Volume 8, No. 4 • April 2018

Occupational Therapy Students Gain Real World Experience at the Loan Closet


Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Each year in April, Occupational Therapy Month highlights the work of OT practitioners who enable people of all ages to live life to its fullest by helping them promote health, and prevent — or live better with — injury, illness, or disability. (www.AOTA.org)

Occupational therapy interventions also provide support for older adults experiencing physical and cognitive changes. An occupational therapist or Certified Aging in Place Specialist (CAPS) can suggest changes that may enable them to live independently and safely in their homes. Suggestions include adding equipment such as grab bars or stair lifts, lowering counter heights, adding railings or ramps, replacing door knobs with lever style handles, widening doorways, etc.

An integral part of the Office on Aging and Independence's Aging In Place program is the Loan Closet of Howard County, a clearinghouse of durable medical equipment available to County residents. Since its relocation to the Long Reach Village Center two years ago, the Loan Closet has served over 5,000 people and processed close to 10,000 pieces of equipment. A key element of its success is the training that staff provides to ensure the safety of the residents who need the adaptive equipment. Local occupational therapy graduate students also provide support, and recently assisted with the production of a series of videos to educate consumers on the proper use of equipment prior to signing it out.



Towson University Occupational Therapy graduate students Emiko Tanabe, left, and Kelsey Seybuck, shown here in the Loan Closet Demonstration Room, where consumers are educated on products.

 The
Loan Closet
of Howard County
Equipment and Resources for Aging in Place
8775 Cloudleap Court, Suite #11, Columbia 21045
410-313-0363 (voice/relay)

“Our collaboration with Towson University Department of Occupational Therapy and Occupational Science is one of the innovative methods we use to improve upon the quality of our services to Howard County residents,” says Vanessa Hughes, Loan Closet Coordinator. “I am so impressed by the quality of work Emiko Tanabe and Kelsey Seybuck demonstrated on this project. In addition to increasing staff efficiency, the ongoing benefit of the videos will improve the consumer experience and access to important information.”

Choosing the Loan Closet of Howard County as their fieldwork site assignment has enabled Emiko and Kelsey to gain valuable real world experience as occupational therapists. “Our experience at the Loan Closet has helped us develop a greater understanding and application of activity analysis for various kinds of durable medical equipment. This will enable us to teach our patients how to properly and safely use equipment and identify possible areas that can hinder performance.”

Loan Closet Program Requirements

- Appointments to receive equipment are required and available Monday through Friday.
- Call ahead to check equipment availability; we function solely on donations.
- No appointment necessary for equipment donations and returns, which are accepted Tuesdays, Wednesdays and Thursdays from 9:00 a.m. to 4:00 p.m. Closed noon to 1:00 p.m.
- Client or caregiver must be a Howard County resident and be able to independently load/unload equipment in/out of their vehicle.
- Manual/transport wheelchairs are available for 30 days, but may be extended upon request.
- Delivery of equipment or pick up of donations is available on a limited basis by volunteers.
- **EFFECTIVE 7/1/2018** – ALL equipment will require a referral from an Allied Health Care professional (PT, OT or MD). Referral forms are available at www.howardcountymd.gov/loan closet. Completed forms may be scanned and submitted via email to loan closet@howardcountymd.gov or faxed to 410-313-0369.

Storm Damage Repair and Helpful Clean Up Tips

Severe weather events — such as Nor'easters, thunder storms, tornados and flash flooding — can cause homeowners thousands of dollars in home repair, tree removal and debris clean-up.



Tips to Hire for Emergency Repairs and Service

- Check with your insurance company first. The company may require that you use specific contractors, or offer recommendations. Also ask about the extent of your coverage. For example, your insurance may cover the cost of replacing only damaged sections of siding and roofing materials. If you want the surrounding area to match, you would need to pay for replacing the non-damaged areas.
- Home improvement contractors and tree care services must be licensed. Make sure your contractor is properly licensed.
 - ❑ To verify a contractor's license, contact: the Maryland Home Improvement Commission at 410-333-6301 or at www.dllr.state.md.us.
 - ❑ Verify a tree services license by calling the Maryland Department of Natural Resources at 410-260-8511 or at www.dnr.maryland.gov.
- Be on the lookout for traveling door-to-door con artists. They may offer low prices but often don't deliver. All door-to-door solicitors must be registered and carry an ID card issued by the Office of Consumer Protection. Do not do business with an unregistered solicitor.
- Take your time and comparison shop before signing a contract. Contracts should be specific about materials and brands, and start and completion dates. Make sure all verbal promises are included in the contract. Door-to-door sales contracts must also include a 3-day right of cancellation.
- Do not obtain any County building permits yourself. Contractors are required by law to obtain all permits.

For more information on consumer topics, contact the Howard County Office of Consumer Protection at 410-313-6420 (voice/relay) or online at www.howardcountymd.gov/consumer.



Howard County Office on
Aging and Independence

Department of Community Resources and Services

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410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

Find us on  [www.Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

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New Medicare Cards!

By Howard County State Health Insurance Assistance Program/SHIP

Beginning in April and continuing over the next year, people with Medicare will be mailed new Medicare cards. Since Maryland is included in the first wave of the mailings (between April and June), we would like to share some helpful information about your new card.

WHAT WILL MY MEDICARE CARD LOOK LIKE? Your card will have a new Medicare number that is unique to you and does not include your Social Security number. The new card no longer shows your gender or requires your signature. These changes will help protect your identity. (See what the new card looks like below).

WHEN WILL I GET MY NEW MEDICARE CARD? Mailing everyone a new card will take some time; your card might arrive at a different time than your friend's or neighbor's. Those new to Medicare (in April 2018 or later) will receive the new card when they are enrolled.

ONLY YOUR MEDICARE CARD AND NUMBER ARE CHANGING. Your Medicare benefits will not change and your Social Security number stays the same. The new card will not impact any other health insurance coverage that you may have.

START USING YOUR NEW CARD AS SOON AS YOU GET IT. All Medicare providers are aware of this change.

WHAT DO I DO WITH MY OLD MEDICARE CARD? Once you get your new card, destroy your old Medicare card. Remember, you will still need to keep and use the cards from any other health and/or drug plans that you have.

HOW CAN I PROTECT MYSELF FROM FRAUD? Scam artists may try to take advantage of the transition by contacting you about the new card. Medicare **will not** call you to ask to confirm your personal information or to ask for money to get the new card.

HOW DO I GET MORE INFORMATION? Visit the website for details at go.medicare.gov/newcard. The Howard County SHIP Program will also update its website, www.howardcountymd.gov/ship, with helpful information about the new cards (including flyers in languages other than English) and other Medicare-related programs and topics.

AS A FINAL NOTE, if your mailing address needs to be updated (perhaps you have moved recently), contact the Social Security Administration directly at ssa.gov/myaccount or 800-772-1213 (TTY 1-800-325-0778).

You're Getting a New Medicare Card!



Medicare will mail new Medicare cards between April 2018 – April 2019. Your card will have a new Medicare Number instead of a Social Security Number.

Make sure your mailing address is up to date so you get your new card. Visit ssa.gov/myaccount or call 1-800-772-1213 (TTY: 1-800-325-0778) to correct your mailing address.

Visit Medicare.gov for the latest updates.



CMS Product No. 12006
August 2017

Howard County's 5th Annual Veterans and Military Families Resource Fair

The Howard County Department of Community Resources and Services and its Office of Veterans and Military Families will host a Veterans and Military Families Resource Fair on Tuesday, April 10 from 5:00 to 8:00 p.m. at the North Laurel Community Center, located at 9411 Whiskey Bottom Road in Laurel. While geared toward veterans living in Howard County, all veterans and their families (active, guard, reserve and dependents) are invited to attend. Admission is free.

The fair will offer attendees the opportunity to talk face-to-face with more than 40 organizations, including local, state and federal agencies, nonprofits and businesses dedicated to providing services, support and jobs to veterans. Plus, Department of Maryland American Legion Commander, James Marchinke, will discuss the Legion's role in advocating for veterans, as well as his role as a Disabled Veterans Outreach Program Specialist (DVOP) for the State of Maryland.

THE VETERANS HISTORY PROJECT (VHP) of the American Folklife Center will be onsite to interview veterans who want to share their stories. VHP collects, preserves, and makes accessible the personal accounts of American war veterans so that future generations can better understand the realities of war. If you would like to schedule an interview, email ehub@loc.gov or call 202-707-1819 in advance.

BREAKOUT SESSIONS will give attendees an opportunity to hear from Howard County resident and local history enthusiast, Nicholas Keplinger, who has successfully returned many items of military history to families, including the Purple Heart Medal of a Maryland War hero and World War II letters to the man's son in Massachusetts.

LOCAL AUTHORS Tom Glenn and Heather Shreve will also be on hand to share military war stories and sign books. Glenn's latest book, *Last of the Annamese*, is a historically accurate and semi-autobiographical novel about the last days of the Vietnam War and the fall of Saigon in 1975. Heather's new historical novel, *Once a Colonel*, is based on her grandfather's experiences; COL Arthur L. Shreve, Jr. was a pilot in WWI and a POW of the Japanese in the Philippines.

INSTRUCTION IN YOGA AND MEDITATION will be provided courtesy of DTM-Fitness owner, disabled veteran and *Vetoga*-trained Dan Hill. *Vetoga* is a DC nonprofit whose mission is to provide yoga, meditation, and healing arts to military, veterans, their families, and communities. They hold free monthly yoga classes, events and veteran specific 200-Hour Teacher Trainings throughout the year.

2018 VETERANS Resource Fair

Tuesday, April 10 • 5 TO 8 PM

North Laurel Community Center

9411 Whiskey Bottom Road, Laurel 20723

An event to provide local veterans the opportunity to **meet with businesses and non-profit organizations** dedicated to providing **services, support and jobs to veterans**. All **active, guard and reserve veterans** are invited to attend.

A Partial List of Fair Participants

American Legion
Consumer Financial Protection Bureau
Fort Meade Army Community Services
Fort Meade Soldier for Life – Transition Assistance Program
Hero Dogs
Hiring Our Heroes, U.S. Chamber of Commerce
Howard Community College
Howard County Department of Community Resources and Services
Howard County Department of Housing and Community Development
Howard County Health Department
Howard County Veterans Foundation, Inc.
Maryland Center for Veteran Employment and Training (MCVET)
Maryland Department of Veterans Affairs (MDVA)
Maryland's Commitment to Veterans
VA Office of Small and Disadvantaged Business Utilization (OSDBU)
Vet Arts Connect
Veterans History Project
Veterans of Foreign Wars (VFW)
Vetoga

For a full list of exhibitors, visit www.howardcountymd.gov/veterans

For additional information about the Resource Fair or the Howard County Office of Veterans and Military Families, contact:

Lisa B. Terry at 410-313-0821 (VOICE/RELAY)
lbterry@howardcountymd.gov

CALENDAR HIGHLIGHTS

Howard County 50+ Centers

Go to www.howardcountymd.gov/50pluscenters for a complete list of events, programs and services.

APRIL	SU	MO	TU	WE	TH	FR	SA
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
29	30						

Bain 50+ Center

Wednesday, April 4 • 10:00 to 11:30 a.m.

Gentle Hand Therapy with Adrian Hausman, Master Aromatherapist

Experience a slow, gentle, rhythmic touch to balance the autonomic nervous system, promote lymphatic drainage, relieve stress and give the mind and body a quiet rest. RSVP: 410-313-7213.

Tuesday, April 10 • 10:30 to 11:30 a.m.

Mind and Body Connection

Join holistic practitioner Sharon Burns, RN, BSN, MA, to learn the connection between everyday stress, emotional pain and physical ailments, based on the seven major energy points in our bodies, and how to remove physical pain from your body. FREE. Register: 410-313-7213.

Friday, April 27 • 1:00 to 2:00 p.m.

Friday Afternoon Recital: The Works of Mendelssohn and Mozart

Join us for a musical performance with Amadi and Debby Azikiwe, a string and piano duo who have performed professionally throughout the United States. FREE. RSVP: 410-313-7213.

Friday, April 20 • 1:00 to 2:30 p.m.

BETA Presents: African American Art

Otis M. Robertson has been collecting fine art for 37 years; his collection has been widely exhibited throughout the state. Mr. Robertson will discuss his extensive collection and show selected images. FREE. RSVP: 410-313-7213.

East Columbia 50+ Center

Thursday, April 5 • 4:00 to 6:00 p.m.

Latin Jam Happy Hour

Mocktails, hors d'oeuvres and Latin dancing led by Laurie Anderson. FREE; donations appreciated. Register: 410-313-7680.

Sunday, April 15 • 12:30 to 2:30 p.m.

Easy Gardening for Busy People

Calling all lazy gardeners... discover easy to grow vegetable and native plants, learn the benefits of growing them and get soil and time-saving planting tips. FREE; offered in partnership with Transition HoCo. Register: 410-313-7680.

Wednesday, April 25 • 11:00 a.m. to 2:00 p.m.

Bring Your Own Beads (BYOB) Returns

Bring in your tired beads for repair or restyling, or make something new! Supplies, new beads and expert advice will be available; minimal supply charge. Register: 410-313-7680.

Tuesday, April 17 • 1:00 p.m.

Clutter Busters

The quest for a clutter free life continues! Monthly meetings feature tips, book reviews, sharing and projects -- laughter required! FREE; register: 410-313-7680.

Elkridge 50+ Center

Wednesday, April 4 • 10 a.m. to noon

Community Spring Egg Hunt

Come celebrate Spring with the Elkridge community, featuring an egg hunt, games, prize and a visit from the Easter Bunny. FREE; donations accepted. RSVP to 410-313-5192.

Tuesday, April 10 • 10:00 to 11:00 a.m.

Insurance Fraud: Know Your Rights

Join the Maryland Insurance Administration to learn how to avoid becoming a victim of insurance fraud, and find out if you are paying too much for your coverage. FREE. Register: 410-313-5192.

Monday, April 23 • 10:00 a.m. to noon

International Monday: Japan

"Travel" to Japan as you learn more about this amazing country and taste authentic Japanese cuisine. FREE; donations accepted. Register: 410-313-5192.

P4C Pet Evaluations

If you are interested in volunteering,
or wish to receive a FREE evaluation
for your pet, contact:

Ingrid Gleysteen

PROGRAM COORDINATOR

igleysteen@howardcountymd.gov

410-313-7461 (voice/relay)

April 5 • May 3 • June 7
7:00 TO 9:00 PM

Bain 50+ Center

5470 Ruth Keeton Way
Columbia 21044



Howard County
**Paws 4
Comfort**
Touching Hearts... One Visit at a Time



Find us on Facebook at

www.facebook.com/HoCoCommunity



Stay connected to the Howard
County Department of Community
Resources and Services. Like us today!

Ellicott City 50+ Center

Friday, April 13 • 1:00 to 3:00 p.m.

At the Opera House with Dr. Sam Stern

A new musical series led by opera enthusiast Dr. Sam Stern opens with the interpretation of "Nabucco," Verdi's most famous opera. FREE; register: 410-313-1400.

Wednesday, April 18 • 11:00 a.m.

Features of a Good Walking Shoe

A proper shoe fit helps to give a better balance. John Bacon, a local fit specialist will discuss the importance of wearing the correct shoe. FREE.

Friday, April 20 • 1:00 p.m.

Travel Talks: It's Raining Travel

Travel experts Debbie Richmond and Andy Lunt will discuss travel opportunities that may be on your bucket list and how to make those travel plans a reality. FREE.

Thursday, April 26 • 12:30 p.m.

Amadi Azikiwe Live in Concert

Amadi and Debby Azikiwe share an afternoon of music on the violin/viola and piano, featuring works by Mendelssohn and Mozart. FREE. Register: 410-313-1400.

Glenwood 50+ Center

Friday, April 6 • 11:00 a.m.

The Sounds of Frank Sinatra

Don't miss Steve Flynn's performance of the best of "Ole Blue Eyes," Frank Sinatra. FREE; register: 410-313-5440.

Tuesday, April 10 • 11:30 a.m.

Faith-Based Outreach Luncheon

We are planning a luncheon for leaders and lay persons of local faith communities to learn about services for their members. For information and an invite to share with your faith leadership, call 410-313-5440.

Friday, April 20 10:00 a.m.

Is Africa My Home?

Dr. Debra Ham, retired history professor, will discuss the American Colonization Society, founded in 1816 to settle free people of color in Africa. FREE; register: 410-313-5440.

Thursday, April 26 • 1:00 p.m.

April Book Club: *Circling the Sun*

Join the Glenwood Book Club, a sanctioned club with the Glenwood library. Read the April selection and come ready to discuss it with the group. FREE; register: 410-313-5440.

North Laurel 50+ Center

Tuesday, April 3 • 1:00 to 3:00 p.m.

50+ Jam Session

Meet up with local music enthusiasts to share and play; bring your instrument of choice. All talents welcome. Information: 410-313-0380.

Thursday April 12 • 11:00 a.m. to noon

Physical Therapy Seminar: Stretching

Presented by trained physical therapists, come learn all about stretching and leave with a better understanding of your body and how to prevent future complications. FREE; register at 410-313-0380.

Thursday, April 19 • 11:00 a.m. to noon

Spring Opera: *Anything Goes* – The Music of Cole Porter

One of America's best loved composers, Cole Porter's music and lyrics will be brought to life by a singer/dancer duo accompanied by a jazz pianist. FREE; reservations: 410-313-0380.



The all new Elkridge 50+ Center is officially open! Below, Howard County Executive Allan H. Kittleman, DCRS Director Jackie Scott (left), library officials, members of the County Council, and the community took part in the grand opening celebration.



BUILD CONFIDENCE. REDUCE FALLS.

Stepping On



SteppingON is a seven-week, evidence-based program designed to help reduce falls and increase confidence, strength and balance. Health and community-service professionals provide expertise on balance-related issues. The small group setting encourages active discussion, decision-making and behavior changes.

Elkridge 50+ Center

6540 Washington Boulevard, Elkridge 21075

WEDNESDAYS • 1:30 to 3:30 PM

April 18, 25 AND May 2, 9, 16, 23, 30

\$28 includes 16 hours of workshop and all educational materials

To register or for more information, contact:

Carla Johnston

Health and Wellness Coordinator

Howard County Office on Aging and Independence

cjohnston@howardcountymd.gov

410-313-3506 (VOICE/RELAY)

www.howardcountymd.gov/aging

Practical Skills Training for Caregivers Offered at HCC

When Caregiver Education Specialist Kathy Wehr joined the Office on Aging and Independence (OAI) in 2016, she met many caregivers who were looking for support with stress relief, caregiver grant funds and other resources, but also wanted to learn how to safely provide physical care. “The more I talked to caregivers, the more I found they were not equipped to care for their loved-ones at home,” says Wehr, “Many could not afford institutional or skilled nursing care, but wanted their loved-one to remain at home.”

Realizing that providing care without proper training can prove dangerous for both caregivers and those they care for, Wehr searched for available caregiver education options in the community. “The only classes I found were Certified (CNA) or Geriatric (GNA) Nurse Assistant type classes, and caregivers are not apt to seek trainings like these,” she explained, “So I reached out to Jennifer Bukowitz at Howard Community College (HCC), who agreed there was a need in the community for a practical skills class for caregivers, and offered to host the class through HCC’s Continuing Education curriculum.”

As part of an educational partnership initiative, OAI and HCC offered “Practical Skills for Caregivers: Useful Skills and Strategies for In-Home Care” last Fall to a small group of caregivers. Taught by HCC nursing instructors and staff, the class provides caregivers with hands-on training to care for loved ones in their own home,



and addresses challenges for both the care recipient and caregiver. Reactions to the pilot program were overwhelmingly positive; attendees found the hands-on nature of the curriculum to be “extremely helpful” and “long overdue.”

“It was heart-warming to see the caregivers learn needed skills in a hands-on environment, and share their caregiving experiences with one another. It was obvious to us how much a class like this is needed in the community,” said Wehr.

The next session of **Practical Skills for Caregivers: Useful Skills and Strategies** will be offered at Howard Community College from April 19 through May 17. Cost is \$195. Register for course #XH-599 7117 online at howardcc.edu. For more information, contact Kathy Wehr at kwehr@howardcountymd.gov or 410-313-5955 (voice/relay).

AED

HOWARD COUNTY ACCESSIBILITY EQUIPMENT DEMO

Through collaboration with the Assistive Technology for Aging Program (from the Maryland Department of Aging), you can learn more about low- and high-tech, manufactured and homemade tools that can help you remain independent. This demonstration will give you an opportunity to learn more about accessibility tools, and where to purchase the equipment.

We will also provide details and registration information about related programs such as the Loan Closet, Health & Wellness, Caregiving, Nutrition, Maryland Access Point, and more through the Howard County Office on Aging and Independence.

UPCOMING DATES

Thursday, April 5
NORTH LAUREL 50+ CENTER
10:00 AM to NOON

Thursday, April 12
BAIN 50+ CENTER
10:00 AM to NOON

For more information, contact

**MARYLAND ACCESS POINT
OF HOWARD COUNTY**

map@howardcountymd.gov

410-313-1234 (VOICE/RELAY)



Practical Skills FOR CAREGIVERS

Useful Strategies and Skills for In-Home Care

Taught by HCC nursing instructors and staff, this five-week course will provide learners with helpful information to care for a loved one in the comfort and safety of their own home. The course will address day-to-day challenges for both the care recipient, as well as the caregiver.

Howard Community College

Health Sciences Building, Room 364
10901 Little Patuxent Parkway, Columbia, MD 21044

Thursdays • 5 to 8 PM | April 19 thru May 17

\$195 (includes \$160 in fees) • Course XH-599 7117

Registration is open online at howardcc.edu

For additional information or questions, contact
Kathy Wehr at kwehr@howardcountymd.gov.

AN EDUCATIONAL PARTNERSHIP INITIATIVE
 Howard County Office on
Aging and Independence
Department of Community Resources and Services

 **HOWARD**
COMMUNITY COLLEGE



Low Vision Group

Chana Hurvitz, OTR/L, presents safe and functional living tips to support independence and maintain daily activities. Registration required.

Tuesdays • 10:15 to 11:45 a.m.

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

Loss of vision is often a devastating, frightening experience. How does one navigate with vision loss and continue life as independently as possible? The SeniorsTogether Low-Vision peer support group can help individuals cope with vision loss, maintain independence, learn new skills, and discover resources in the community. Group members find value in sharing their challenges and struggles with others facing the same issues, and discuss topics such as resource availability, new assistive devices, updates on research and treatment. They also regularly host resource presentations and speakers, and offer an annual local day trip.

Led by a trained facilitator, the low-vision group nurtures goodwill among its members, creating a place to share ups and downs with humor and perseverance. Contact Elaine Widom at 410-313-7353 or email at ewidom@howardcountymd.gov for more information.

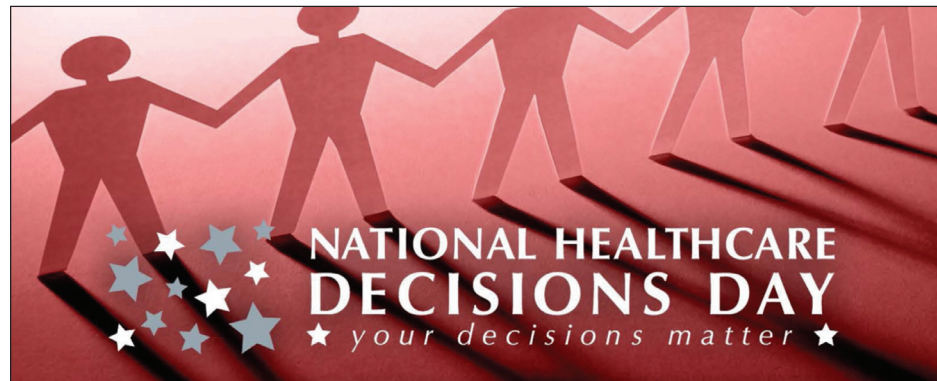
Facilitator Needed for SeniorsTogether Low Vision Group

The low-vision group is currently in need of a facilitator. This is a volunteer leadership role for someone with good listening skills, who is flexible and reliable, and enjoys working in a small group setting. Though not a requirement, the ideal candidate would have an interest in working with low-vision, older adults, and personally be living with their own low-vision challenges, or have experience in the low-vision field.

If you are up to the challenge and wish to share your talents with us, contact Karen Hull, Program Coordinator, at khull@howardcountymd.gov or 410-313-7466. Training is provided.

SeniorsTogether Support Groups provide a safe, confidential environment for older adults to meet others, share concerns, find help and stay engaged. Activities include luncheons, guest speakers and workshops, all developed with sensitivity to sensory and mobility issues.

For more information: www.howardcountymd.gov/sentog, or call 410-313-7466 (voice/relay).



MAP staff will be on site to answer questions about advance directives, powers of attorney, guardianship and its alternatives. Also, pick up your free copy of the FIVE WISHES® booklet.

Monday, April 16 • 10:00 a.m. to 1:00 p.m.

Ellicott City 50+ Center

9401 Frederick Road, Ellicott City 21043

Monday, April 16 • 9:00 a.m. to 1:00 p.m.

Glenwood 50+ Center

2400 Route 97, Cooksville 21723

For more information, contact Maryland Access Point (MAP) of Howard County at 410-313-1234 or map@howardcountymd.gov

LIVING WELL with CHRONIC CONDITIONS



Elkridge 50+ Center

6540 Washington Blvd.
Elkridge 21075

Wednesdays • 1:00 – 3:30 PM
April 4, 11, 18, 25 AND May 2, 9



Bain 50+ Center

5470 Ruth Keeton Way
Columbia 21044

Fridays • 1:00 – 3:30 PM
April 20, 27 AND May 4, 11, 18, 25

Course materials will be provided, and can be purchased on-site for a nominal fee. To achieve the most benefits from this program, we encourage a commitment to attend all six sessions.

To register or for more information, contact:

Carla Johnston

Health and Wellness Coordinator

Howard County Office on Aging and Independence

cjohnston@howardcountymd.gov

410-313-3506 (VOICE/RELAY)

FOR DETAILS ABOUT THESE PROGRAMS, VISIT US AT
www.howardcountymd.gov/livingwell

Howard County 50+ Centers SPOTLIGHT ON THE ELLICOTT CITY 50+ CENTER



www.howardcountymd.gov/50pluscenters for all 50+ Center events

A Full Campus of Programs and Services for All!

By Cindy Saathoff, Director, Howard County Ellicott City 50+ Center

The Ellicott City 50+ Center, 9401 Frederick Road in Ellicott City, houses over 40 programs and services available for those who have reached their half century birthday and beyond.

The Ellicott City campus is comprised of three focus areas: the main 50+ Center building, the 50+ Fitness Center and the Connections Social Day Program at Ellicott City.

THE MAIN 50+ CENTER building boasts daily drop-in activities, weekly blood pressure screening, moderately paced exercise programs, billiards, painting groups, entertainment, discussion groups, a lunch program and more. Lunch is offered each day as part of the Congregate Meal program and is available by donation. A new catering contract has brought fresh options to the program that members find exciting. Those interested in having lunch at the Center can sign up a week prior and are asked to notify the Center if they need to cancel their lunch reservation.

THE ELLICOTT CITY 50+ FITNESS CENTER houses a variety of exercise options for those who enjoy active group exercise, personal training or those who prefer to use fitness equipment. The equipment room is part of the GO50+ Fitness package that is available to all 50+ Center members for a nominal annual fee. In addition to the Ellicott City location, Go 50+ Fitness allows participants access to several other County equipment rooms which include Elkridge 50+ Center, North Laurel, Gary J. Arthur and Roger Carter Community Centers.



THE CONNECTIONS SOCIAL DAY PROGRAM AT ELLICOTT CITY is located within the main building of the Ellicott City 50+ Center. This program serves adults 18 and older with disabilities, or adults 50 and older who may benefit from a social program. The Connections program strives to support the continued independence of people who may need some physical assistance and supervision.

The Connections program operates from 10 a.m. to 2 p.m. Monday through Thursday, and from 10 a.m. to 1 p.m. on Fridays. Daily activities include seated exercise, bowling, musical entertainment, cooking, creative arts, trivia, games, stories, time with children and much more. Members are offered a morning snack and a nutritionally balanced lunch. They can choose the days they wish to attend, and bus transportation can be arranged for a small fee. The cost of the day program is determined by the participant's income; a sliding scale is available to Howard County residents.

Prospective members are welcome to spend the day as a guest with Connections to determine if the program fits their needs, and if they are appropriate for the program. For more information or to schedule a visit, please contact Felicia Stein at 410-313-1425 or fstein@howardcountymd.gov.

GO50+ FITNESS PROGRAM

GO50+ membership packages are designed to enhance the quality of life for the 50+ population that lives, works and plays in Howard County.

A JOINT PROGRAM OF

 **Howard County**
RECREATION & PARKS

 **Howard County Office on
Aging and Independence**
Department of Community Resources and Services

50+ CENTERS

Membership includes access to Gary J. Arthur and N. Laurel Community Centers and all Howard County 50+ Centers.

- Game Room Areas
- Gymnasiums
- Walking Tracks
- Wellness Programs

FREE

GO50+ FITNESS

Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.

- All 50+ Center Benefits
- Dance/Aerobics Studio*
- Fitness Rooms

Resident: \$75 per year
Nonresident: \$100 per year

GO50+ POOL

Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.

- All 50+ Fitness Benefits
- Pool Access During Open Swim Hours

Resident: \$175 per year
Nonresident: \$225 per year